

A phase compensation method uses a phase plate to compensate for an optical phase of a reproduced signal in a reproducing optical system which is provided with respect to the reproduced signal from an optical recording medium. The position of the phase plate is controlled within a predetermined variable range depending on a type of the optical recording medium, so that a CNR of a reproduced signal becomes a maximum or, a DC fluctuation of the reproduced signal becomes a minimum or, a crosstalk level from adjacent tracks becomes a minimum.

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